

Taco Meat/Bean mixture for Taco Salad²⁵

Number of Servings: 25 (160.09 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 4.00 | lb | Beef, ground, hamburger, pan browned, 10% fat |
| 2 1/8 | cup | Beans, kidney, red, cnd, drained |
| 12 1/2 | oz | Cheese, cheddar, low fat, shredded |
| 2 3/4 | cup | Salsa, thick 'n chunky, medium |
| 2 1/2 | cup | Juice, tomato, low sodium, cnd |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size (160g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 240 | | Calories from Fat 90 | |
| | | % Daily Value* | |
| Total Fat | 10g | | 15% |
| Saturated Fat | 4g | | 20% |
| Trans Fat | 0.5g | | |
| Cholesterol | 70mg | | 23% |
| Sodium | 380mg | | 16% |
| Total Carbohydrate | 8g | | 3% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 2g | | |
| Protein | 26g | | |
| Vitamin A 2% | | Vitamin C 10% | |
| Calcium 8% | | Iron 15% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

- * 10 2/3 # AP 90% ground beef = ~ 8# browned ground beef EP
- * Drain and rinse kidney beans before using in recipe.

Brown meat and drain. Add drained, rinsed kidney beans, cheddar cheese and salsa. Bring to a simmer, stirring constantly.

Serve 1/2+c or 1/2 c + 1 T hot over 2 cups lettuce/serving along with 1 oz tortilla chips.